

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Threonine (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 06, 2015 23:53 EST

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	11.558
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	11.090
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	5.923
05305	Ground turkey, raw	453.6	1.0 lb	4.087
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.922
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.883
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	3.732
11667	Seaweed, spirulina, dried	112.0	1.0 cup	3.326
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3.285
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	3.196
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	2.953
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	2.782
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	2.705
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	2.632
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	2.632
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	2.554
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.552
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	2.458
16076	Lupins, mature seeds, raw	180.0	1.0 cup	2.396
16119	Soy meal, defatted, raw	122.0	1.0 cup	2.381
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	2.342
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	2.314
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	2.300
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.244
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	2.199
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	2.146
16117	Soy flour, defatted	105.0	1.0 cup	2.144

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.142
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	2.127
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.126
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	2.121
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.105
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.034
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	2.015
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	2.011
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.998
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.995
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.990
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	1.989
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	1.986
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	1.978
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.977
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	1.973
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.971
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	1.961
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.954
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	1.942
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	1.940
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.922
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	1.921
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.909
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	1.901
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	1.901
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	1.899
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.890
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	1.888
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.869
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1.865
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	1.864

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	1.863
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	1.854
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.852
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.834
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	1.833
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	1.833
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.827
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.825
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	1.823
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	1.816
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.815
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.813
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.813
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	1.811
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.810
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	1.805
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.800
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.799
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.797
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.797
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	1.797
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1.795
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.795
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.772
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.772
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	1.770
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	1.767
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.765
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.763
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.753
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.745
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.744

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.743
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.742
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	1.734
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.733
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1.733
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.730
16144	Lentils, pink or red, raw	192.0	1.0 cup	1.718
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1.718
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.714
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.714
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	1.711
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.709
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	1.708
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.708
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.699
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	1.698
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.696
16069	Lentils, raw	192.0	1.0 cup	1.693
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.692
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.684
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.665
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.658
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	1.654
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.650
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.645
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	1.624
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	1.621
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.619
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	1.619
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.618
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.617
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	1.614

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.611
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	1.608
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.607
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.605
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.604
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.603
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	1.602
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.600
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	1.599
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	1.596
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.579
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1.573
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.572
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.572
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	1.571
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	1.569
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.563
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.562
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	1.560
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.553
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.546
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	1.537
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.536
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	1.533
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.532
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	1.523
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	1.522
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1.521
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1.519
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	1.517
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	1.516
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.516
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.514
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	1.511
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.510
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	1.501

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16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.495
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.493
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.493
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.487
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.486
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.481
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.479
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.478
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	1.478
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.478
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	1.474
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	1.473
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.471
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.470
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	1.467
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	1.465
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.463
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.462
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	1.457
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	1.457
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.450
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.444
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	1.444
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	1.443
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	1.437
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.437
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.431
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.428
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.425
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.424
16113	Natto	175.0	1.0 cup	1.423
16106	Meat extender	88.0	1.0 cup	1.421
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	1.420

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05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	1.419
21270	TACO BELL, Taco Salad	533.0	1.0 item	1.418
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.410
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1.410
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1.410
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.408
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.404
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.404
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.403
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.400
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.399
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.397
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.397
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	1.395
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.393
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1.392
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.391
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	1.390
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.390
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	1.389
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.389
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.389
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	1.387
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	1.386
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.385
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.378
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.375
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.372
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.371
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.371
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	1.371
01040	Cheese, swiss	132.0	1.0 cup, diced	1.370
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.369
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	1.363

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.359
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	1.358
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	1.357
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.356
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.356
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	1.354
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	1.351
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	1.348
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.348
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.344
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	1.343
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.343
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.342
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.341
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.341
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.335
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	1.334
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.333
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.333
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	1.333
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.329
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	1.328
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.327
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.326
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.324
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.323
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.323
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.323
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.322
16114	Tempeh	166.0	1.0 cup	1.321
11450	Soybeans, green, raw	256.0	1.0 cup	1.321
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	1.318
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.317

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.317
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	1.314
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.310
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.310
16091	Peanuts, spanish, raw	146.0	1.0 cup	1.308
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.308
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.307
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.304
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.304
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.303
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.303
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.302
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	1.302
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.298
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	1.296
01035	Cheese, provolone	132.0	1.0 cup, diced	1.296
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.295
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.295
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.293
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.289
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.287
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.287
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.285
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.284
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.284
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	1.282
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.282
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	1.281
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.279
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	1.278
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.275
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	1.273

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.272
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.272
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	1.271
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.269
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.267
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.267
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	1.267
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.266
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.264
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	1.262
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.261
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	1.261
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.260
16095	Peanuts, virginia, raw	146.0	1.0 cup	1.260
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	1.260
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	1.259
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	1.256
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	1.256
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	1.255
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.255
16093	Peanuts, valencia, raw	146.0	1.0 cup	1.254
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.254
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.250
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	1.250
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.250
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.250
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1.249
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	1.249
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	1.247
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	1.247
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	1.246
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.245

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.244
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.244
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.244
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	1.243
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.241
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.239
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.239
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.238
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.238
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.238
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	1.237
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.237
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	1.236
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.236
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.235
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.235
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.234
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	1.234
01020	Cheese, fontina	132.0	1.0 cup, diced	1.234
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.234
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.232
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	1.232
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.232
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.232
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	1.231
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.230
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.229
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.228
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	1.228
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	1.228
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.227

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.227
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	1.227
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	1.226
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	1.226
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.225
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	1.222
36027	DENNY'S, chicken strips	194.0	1.0 serving	1.222
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.221
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.221
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.217
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.216
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1.215
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.213
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	1.212
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.211
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.211
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	1.210
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.210
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.210
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.209
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.209
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	1.208
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.208
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.207
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.207
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.205
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	1.204
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.204

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.203
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.201
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	1.201
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of ravioli	1.200
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.199
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.197
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.196
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.196
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1.196
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	1.196
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.196
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.196
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1.193
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.193
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	1.192
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.191
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.191
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.191
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	1.190
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.190
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.188
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.188
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.187
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.186
01115	Whey, sweet, dried	145.0	1.0 cup	1.185
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.184
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	1.184
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.184
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.184

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	1.184
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	1.181
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.181
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.180
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.179
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.179
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	1.179
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.177
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.176
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.176
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.176
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.176
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.176
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.175
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.175
01030	Cheese, muenster	132.0	1.0 cup, diced	1.172
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.172
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	1.171
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	1.171
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.170
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.169
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	1.168
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	1.168
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.168
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.166
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	1.164
01005	Cheese, brick	132.0	1.0 cup, diced	1.164
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.164
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.164
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.163

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.162
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.162
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.161
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.161
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.161
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.160
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	1.159
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.159
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.159
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.158
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	1.158
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	1.158
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.157
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.157
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.157
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.156
01034	Cheese, port de salut	132.0	1.0 cup, diced	1.156
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	1.156
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	1.155
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	1.155
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	1.155
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.154
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.154
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	1.153
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.153
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.152
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.152
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.152
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.151
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.150
01025	Cheese, monterey	132.0	1.0 cup, diced	1.150
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.148
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	1.148

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.148
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.147
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.147
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.145
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	1.144
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	1.144
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.144
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.143
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.142
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	1.142
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.142
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	1.142
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.141
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.140
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.140
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.140
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	1.137
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.136
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.136
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.135
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.135
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.134
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.133
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.133
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.133
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.133
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	1.133
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.131
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.131
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.131
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.130
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	1.130

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.130
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.130
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.129
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.129
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.128
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.128
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.128
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	1.128
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.128
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	1.128
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	1.128
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.125
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.125
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	1.125
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	1.124
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.124
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.123
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1.123
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.123
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.121
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.121
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.120
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.119
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	1.118
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.118
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.118
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	1.117
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.117
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.117
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.117
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.116
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.116

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	1.116
01011	Cheese, colby	132.0	1.0 cup, diced	1.115
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.115
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.115
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	1.115
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.114
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	1.114
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.114
20078	Wheat germ, crude	115.0	1.0 cup	1.113
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.113
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	1.113
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	1.112
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.112
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1.111
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	1.111
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	1.111
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	1.111
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	1.111
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.110
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.109
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	1.109
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.109
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	1.109
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.108
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	1.108
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.108
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.108
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.108
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.108
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.108
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.107
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.106
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	1.106
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.106

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	1.105
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.105
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.105
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.105
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.105
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.105
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.103
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.103
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.103
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.102
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.102
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.102
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	1.102
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.102
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	1.101
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.101
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	1.101
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.101
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.100
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	1.099
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.099
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	1.099
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	1.098
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.097
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	1.097
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	1.096
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	1.096
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	1.096
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.096
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.095
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.095
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.095

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	1.095
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.094
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.094
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.094
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.092
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	1.091
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.091
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.091
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.091
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.091
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.091
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.091
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	1.090
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	1.089
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.089
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.089
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	1.088
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.088
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.088
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.087
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	1.087
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.086
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	1.086
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	1.086
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.086
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.086
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.085
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	1.085
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.085
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.084
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.084
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.082

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	1.082
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.082
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	1.082
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.082
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.082
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.081
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.081
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	1.081
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.080
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	1.080
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.079
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.079
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	1.079
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.078
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.078
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.078
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1.077
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	1.077
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.077
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.077
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.077
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.077
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.077
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.077
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.076
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.076
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.076
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.076
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.076
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.076
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	1.075
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.075

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.075
01032	Cheese, parmesan, grated	100.0	1.0 cup	1.075
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	1.074
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.074
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.074
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.074
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.074
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.074
16099	Peanut flour, defatted	60.0	1.0 cup	1.073
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.073
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.073
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	1.073
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.072
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.072
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	1.071
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.071
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.071
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.071
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.070
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.070
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.069
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.068
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.068
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.068
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.068
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1.067
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.067
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.067
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.067
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	1.066
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.066

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.066
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.066
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.065
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.065
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.065
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.064
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	1.064
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.064
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.063
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	1.063
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	1.063
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	1.063
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.062
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	1.062
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	1.062
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.062
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.062
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	1.062
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.060
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	1.060
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	1.060
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.060
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	1.059
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.059
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.058
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.057
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.057
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.057
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.056
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.055
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.055
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1.055
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	1.054

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.054
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.054
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.054
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.053
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	1.053
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	1.053
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	1.053
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.052
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	1.052
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.051
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	1.051
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.050
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.050
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1.049
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.049
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	1.049
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.049
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.049
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.049
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.048
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	1.048
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.048
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.048
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.047
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.047
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.047
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.047
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.047
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	1.046

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.046
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.045
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.045
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	1.045
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	1.045
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.043
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.043
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.043
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.043
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	1.043
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.043
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.042
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.042
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.042
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.042
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.041
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.041
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.041
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.041
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.041
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.041
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.041
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.041
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	1.040
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.040
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.040
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.040
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.040
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.038
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.038
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.038

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.037
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.037
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.037
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.037
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.037
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	1.037
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.036
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	1.036
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.035
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	1.035
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.035
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.035
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	1.035
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.035
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1.035
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.034
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.033
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.033
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	1.033
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.032
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.032
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.032
01173	Egg, white, dried	28.0	1.0 oz	1.032
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	1.032
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.031
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.031
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.030
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.030
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.030
05157	Quail, meat and skin, raw	109.0	1.0 quail	1.030
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.029
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.028

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.028
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.028
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.028
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.028
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.027
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.027
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.027
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.026
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.026
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.026
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.026
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.026
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.026
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.025
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.025
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.025
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	1.025
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.024
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.024
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.024
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.024
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.023
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.023
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.023
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.023
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.023
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	1.023
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.023

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.023
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	1.022
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.022
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	1.022
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.021
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.021
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.021
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.021
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.021
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	1.020
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.020
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.020
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.020
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	1.020
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	1.020
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.019
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.019
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.019
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.019
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.017
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	1.017
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.017
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.017
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.017
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.017
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.017
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.017
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.017

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	1.016
15022	Fish, cusk, raw	122.0	1.0 fillet	1.016
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.016
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.015
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.015
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.015
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.015
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.014
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.014
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	1.014
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.013
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.012
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.012
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.012
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.011
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	1.011
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.011
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.011
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.011
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.010
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.010
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.010
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.010
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.009
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.009
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.009
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.009
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.009
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.008
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.008
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.008
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.008
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	1.008

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.007
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.007
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	1.007
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.007
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.007
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	1.007
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.006
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.006
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	1.006
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.005
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	1.005
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.005
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.004
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.003
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	1.003
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.003
05158	Quail, meat only, raw	92.0	1.0 quail	1.003
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.002
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	1.002
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.001
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.001
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.001
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.001
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.001
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.001
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.001
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	1.000
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.000
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.999
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.999
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.999
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.999

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.999
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.999
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.997
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.997
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.997
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.996
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.996
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.996
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.996
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.995
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.995
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.994
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	0.994
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.994
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.994
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.993
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.993
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.993
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.993
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.993
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.992
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.992
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.992
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.992
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.992
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.991
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.991
01024	Cheese, limburger	134.0	1.0 cup	0.990
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.990
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.990

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.989
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.989
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.989
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.989
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.989
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.989
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.989
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.989
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.989
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.988
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.988
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.988
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.987
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.987
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.987
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.986
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.986
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.985
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.985
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.985
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.985
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.984
20142	Teff, uncooked	193.0	1.0 cup	0.984
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.984
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.984
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.983
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.983
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.983
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.983
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.983
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.983

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.983
15006	Fish, burbot, raw	116.0	1.0 fillet	0.983
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.982
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.981
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.981
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.981
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.981
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.981
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.981
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.980
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.980
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.979
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.979
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.979
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.979
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.978
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.978
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.977
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.977
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.977
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.977
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.977
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.976
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.976
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.976
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.976
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.975
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.975
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.975
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.974
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.973

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.973
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.973
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.973
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.972
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.972
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.972
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.971
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.971
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.971
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.971
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.971
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.970
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.970
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.970
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.969
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.969
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.967
05641	Ostrich, ground, raw	109.0	1.0 patty	0.967
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.966
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.966
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.966
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.965
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.965
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.965
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.965
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.964
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.964
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.963
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.963
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.963
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.962
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.962
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.962

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.962
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.962
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.962
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.961
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.961
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.961
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.960
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.960
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.960
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.960
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.960
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.960
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.960
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.960
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.960
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.960
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.960
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.960
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.959
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.959
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.959
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.959
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.959
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.958
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.958
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.958
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.958
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.958
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.957
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.957
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.957
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.957
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.956

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.956
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.956
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.955
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.955
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.955
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.955
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.955
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.955
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.954
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.954
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.954
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.953
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.953
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.953
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.952
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.952
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.951
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.951
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.951
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.951
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.951
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.951
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.951
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.951
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.950
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.950
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.950
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.950
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.950
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.950
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.949
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.949

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.949
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.949
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.949
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.949
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.949
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.949
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.948
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.948
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.947
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.947
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.947
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.947
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.947
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.946
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.946
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.946
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.945
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.945
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.945
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.944
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.944
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.944
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.944
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.943
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.943
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.942
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.942
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.942
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.942
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.942
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.941
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.941
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.941

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.941
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.940
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.940
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.940
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.940
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.940
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.940
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.939
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.939
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.939
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.938
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.938
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.938
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.938
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.938
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.937
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.937
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.936
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.936
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.936
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.935
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.935
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.935
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.935
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.935
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.935
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.935
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.935
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.934
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.934
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.934
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.934
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.934

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure	
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.933	
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.933	
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.932	
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.932	
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.932	
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.932	
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.932	
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.932	
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.930	
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.930	
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.930	
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.930	
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.930	
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.930	
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.930	
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.930	
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.930	
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.929	
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.929	
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.929	
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		0.929
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.928	
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.928	
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.928	
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.927	
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.927	
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.927	
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.927	
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.927	
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.927	
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.927	
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.927	

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.927
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.927
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.927
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.927
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.926
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.926
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.926
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.926
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.926
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.925
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.925
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.925
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.925
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.925
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.925
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.925
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.924
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.924
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.924
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.923
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.922
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.922
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.922
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.922
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.922
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.921
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.921
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.921
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.921
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.921
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.921

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.921
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.920
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.920
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.920
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.919
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.919
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.918
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.918
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.918
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.918
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.918
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.918
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.917
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.917
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.917
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.917
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.916
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.916
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.915
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.915
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.915
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.914
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.914
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.914
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.914
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.913
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.913
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.913
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.913
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.912
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.912

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.912
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.912
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.912
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.911
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.910
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.910
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.910
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.910
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.910
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.909
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.909
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.908
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.908
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.908
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.908
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.907
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.907
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.907
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.907
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.906
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.906
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.906
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.906
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.906
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.905
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.905
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.905
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.905
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.904
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.904
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.904
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.904

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.904
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.903
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.903
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.903
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.903
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.903
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.902
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.901
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.901
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.901
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.901
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.901
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.901
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.900
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.899
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.899
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.898
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.898
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.898
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.898
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.898
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.897
20038	Oats	156.0	1.0 cup	0.897
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.897
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.896
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.896
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.896
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.896
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.895
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.894
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.894
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.894

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.894
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.894
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.893
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.893
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.893
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.892
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.892
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.891
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.891
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.891
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.891
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.891
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.890
16122	Soy protein isolate	28.35	1.0 oz	0.889
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.889
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.889
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.889
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.889
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.889
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.888
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.888
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.888
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.888
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.888
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.888
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.887
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.887
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.887
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.887
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.887
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.887
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.886

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.886
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.886
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.885
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.885
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.884
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.884
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.884
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.883
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.883
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.882
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.881
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.881
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.881
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.880
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.880
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.880
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.879
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.879
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.879
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.878
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.878
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.878
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.878
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.878
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.878
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.878
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.876
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.876
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.876
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.875
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.874
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.874
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.874
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.874

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.873
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.872
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.872
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.872
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.872
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.871
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.871
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.871
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.871
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.871
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.871
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.870
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.870
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.870
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.870
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.870
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.870
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.869
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.869
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.868
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.868
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.867
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.867
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.867
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.865
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.865
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.864
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.864
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.864
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.864
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.864
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.864

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.864
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.864
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.864
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.863
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.863
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.862
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.862
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.862
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.862
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.861
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.860
20008	Buckwheat	170.0	1.0 cup	0.860
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.860
12061	Nuts, almonds	143.0	1.0 cup, whole	0.859
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.859
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.858
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.858
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.858
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.858
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.858
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.858
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.858
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.857
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.857
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.857
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.857
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.856
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.856
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.856
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.856
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.855
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.855
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.855
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.854

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.854
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.854
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.854
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.854
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.853
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.853
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.853
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.853
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.853
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.853
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.853
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.853
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.852
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.852
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.852
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.851
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.850
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.850
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.850
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.849
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.848
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.848
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.847
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.847
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.847
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.847
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.846
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.846
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.846
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.845
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.845
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.845
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.845
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.845
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.845

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.844
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.844
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.844
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.844
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.843
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.843
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.842
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.842
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.842
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.842
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.842
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.842
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.842
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.841
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.841
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.841
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.841
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.841
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.841
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.841
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.840
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.840
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.840
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.840
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.839
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.839
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.839
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.839
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.838
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.838
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.838
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.838
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.838
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.837
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.837

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.836
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.836
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.836
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.835
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.835
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.835
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.833
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.833
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.833
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.832
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.832
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.832
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.832
20071	Wheat, hard red spring	192.0	1.0 cup	0.831
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.831
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.831
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.830
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.830
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.830
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.830
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.829
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.829
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.829
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.828
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.828
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.828
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.828
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.827
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.826
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.826
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.826
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.826
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.826
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.826
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.825

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.825
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.824
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.824
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.824
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.824
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.823
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.823
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.823
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.823
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.823
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.822
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.822
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.822
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.821
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.821
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.821
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.821
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.821
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.820
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.820
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.820
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.820
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.820
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.820
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.820
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.820
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.820
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.820
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.819
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.819
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.819
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.819
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.819
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.819
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.819

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.819
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.819
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.818
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.818
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.818
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.817
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.817
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.816
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.816
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.815
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.815
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.815
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.814
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.814
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.814
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.814
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.814
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.814
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.814
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.814
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.814
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.813
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.813
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.813
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.813
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.813
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.812
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.812
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.811
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.811
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.811
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.809
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.809
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.809
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.809

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.809
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.809
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.809
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.808
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.808
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.808
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.807
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.807
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.806
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.806
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.806
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.806
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.806
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.806
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.805
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.803
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.803
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.802
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.802
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.802
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.800
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.800
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.800
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.800
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.800
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.799
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.799
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.799
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.799
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.799
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.799
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.799
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.798
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.798
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.798

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.798
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.798
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.798
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.798
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.798
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.797
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.797
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.797
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.797
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.796
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.796
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.796
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.795
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.795
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.794
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.794
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.793
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.793
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.792
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.792
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.792
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.791
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.790
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.790
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.790
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.790
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.790
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.789
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.789
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.788
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.787
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.787

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.786
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.785
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.785
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.785
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.784
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.784
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.784
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.783
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.783
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.783
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.782
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.782
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.781
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.781
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.781
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.781
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.780
20004	Barley, hulled	184.0	1.0 cup	0.780
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.779
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.779
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.779
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.779
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.778
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.778
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.778
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.778
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.778
20069	Triticale	192.0	1.0 cup	0.778
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.775
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.775
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.775
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.775
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.774
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.774
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.774
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.774

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.772
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.771
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.771
20140	Spelt, uncooked	174.0	1.0 cup	0.771
07008	Bologna, beef and pork	100.0	3.527 oz	0.770
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.770
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.769
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.769
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.769
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.769
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.769
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.768
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.768
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.768
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.768
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.768
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.767
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.767
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.766
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.765
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.765
15053	Fish, milkfish, raw	85.0	3.0 oz	0.765
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.765
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.764
05621	Emu, ground, raw	117.0	1.0 patty	0.764
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.763
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.763
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.763
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.762
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.762
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.762
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.762
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.762
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.761
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.761

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.760
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.760
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.758
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.758
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.758
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.758
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.757
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.757
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.757
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.757
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.757
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.757
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.756
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.756
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.756
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.754
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.754
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.753
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.753
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.753
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.752
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.752
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.752
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.752
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.751
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.751
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.751
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.751
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.751
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.751
20088	Wild rice, raw	160.0	1.0 cup	0.750
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.749
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.748
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.747

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.747
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.747
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.746
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.746
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.745
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.745
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.745
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.745
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.745
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.743
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.742
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.741
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.741
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.741
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.740
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.740
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.740
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.739
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.739
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.739
15110	Fish, swordfish, raw	85.0	3.0 oz	0.738
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.737
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.737
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.736
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.735
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.734
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.734
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.734
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.733
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.733
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.733
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.733
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.732

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.732
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.731
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.731
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.731
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.731
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.730
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.730
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.730
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.730
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.730
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.728
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.728
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.728
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.727
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.726
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.726
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.726
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.726
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.725
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.725
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.724
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.724
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.723
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.723
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.723
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.723
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.723
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.722
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.722
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.722
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.721
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.721
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.721
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.721
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.720

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.720
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.720
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.719
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.719
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.719
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.718
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.718
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.718
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.717
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.717
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.717
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.717
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.717
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.717
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.717
20035	Quinoa, uncooked	170.0	1.0 cup	0.716
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.716
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.716
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.716
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.716
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.716
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.715
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.715
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.714
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.714
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.714
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.713
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.713
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.713
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.712

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.712
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.712
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.711
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.711
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.710
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.710
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.710
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.710
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.709
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.709
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.709
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.709
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.708
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.708
15044	Fish, ling, raw	85.0	3.0 oz	0.707
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.707
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.706
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.706
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.706
20031	Millet, raw	200.0	1.0 cup	0.706
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.706
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.706
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.706
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.706
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.706
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.706
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.705
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.705
15033	Fish, haddock, raw	85.0	3.0 oz	0.705
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.705
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.704
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.703
15090	Fish, scup, raw	85.0	3.0 oz	0.703
20076	Wheat, durum	192.0	1.0 cup	0.703

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.702
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.702
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.702
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.702
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.701
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.701
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.701
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.701
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.701
20072	Wheat, hard red winter	192.0	1.0 cup	0.701
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.700
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.700
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.700
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.700
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.700
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.699
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.699
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.698
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.697
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.697
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.696
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.696
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.695
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.695
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.695
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.695
16100	Peanut flour, low fat	60.0	1.0 cup	0.695
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.694
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.693
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.692
19352	Syrups, malt	332.0	1.0 cup	0.691
17142	Veal, ground, raw	85.0	3.0 oz	0.690
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.689

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.689
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.689
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.688
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.687
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.687
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.686
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.686
05150	Goose, liver, raw	94.0	1.0 liver	0.684
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.684
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.684
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.683
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.683
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.683
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.683
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.683
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.683
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.682
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.680
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.680
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.680
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.679
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.675
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.675
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.675
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.674
20005	Barley, pearled, raw	200.0	1.0 cup	0.674
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.673
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.672
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.672
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.671
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.668
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.668
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.668
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.668
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.667

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.666
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.666
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.666
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.665
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.665
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.665
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.665
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.665
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.665
15008	Fish, carp, raw	85.0	3.0 oz	0.665
20067	Sorghum grain	192.0	1.0 cup	0.664
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.664
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.662
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.661
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.660
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.660
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.660
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.660
20131	Barley malt flour	162.0	1.0 cup	0.659
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.658
15045	Fish, lingcod, raw	85.0	3.0 oz	0.658
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.657
15013	Fish, cisco, raw	79.0	1.0 fillet	0.657
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.657
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.657
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.657
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.657
01109	Milk, sheep, fluid	245.0	1.0 cup	0.657
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.657
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.656
20060	Rice bran, crude	118.0	1.0 cup	0.655
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.654
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.654
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.654
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.654
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.653

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.653
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.653
16104	Bacon, meatless	144.0	1.0 cup	0.652
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.652
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.652
15112	Fish, tilefish, raw	85.0	3.0 oz	0.652
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.652
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.651
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.651
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.649
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.649
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.649
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.649
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.647
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.647
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.647
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.646
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.646
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.646
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.646
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.646
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.645
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.645
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.644
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.644
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.644
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.644
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.644
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.642
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.642
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.642
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.641
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.641
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.641
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.640
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.640

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.638
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.637
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.637
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.637
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.636
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.636
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.636
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.635
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.634
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.634
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.633
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.632
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.632
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.632
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.632
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.632
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.631
15094	Fish, shad, american, raw	85.0	3.0 oz	0.631
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.630
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.629
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.629
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.627
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.627
20063	Rye flour, dark	128.0	1.0 cup	0.627
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.627
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.627
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.626
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.625
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.624
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.624
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.622
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.621
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.621
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.621
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.621
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.620

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.620
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.620
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.620
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.620
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.619
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.619
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.619
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.619
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.618
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.617
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.617
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.617
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.616
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.616
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.615
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.615
16059	Chili with beans, canned	256.0	1.0 cup	0.614
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.612
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.612
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.611
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.611
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.611
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.610
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.610
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.609
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.608
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.608
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.606
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.604
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.604
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.603
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.603
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.603
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.602
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.602
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.602

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.601
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.601
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.599
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.599
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.599
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.599
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.598
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.598
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.597
15128	Fish, tuna salad	85.0	3.0 oz	0.596
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.595
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.595
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.595
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.594
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.594
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.593
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.592
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.591
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.590
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.590
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.590
20014	Corn grain, yellow	166.0	1.0 cup	0.588
20314	Corn grain, white	166.0	1.0 cup	0.588
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.587
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.587
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.586
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.586
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.586
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.586
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.585
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.585
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.584
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.584
20028	Couscous, dry	173.0	1.0 cup	0.583
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.582
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.582

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.580
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.580
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.580
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.578
16005	Beans, baked, home prepared	253.0	1.0 cup	0.577
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.576
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.575
20073	Wheat, soft red winter	168.0	1.0 cup	0.575
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.572
07005	Blood sausage	100.0	4.0 slices	0.570
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.569
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.568
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.568
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.567
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.566
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.565
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.565
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.564
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.563
05630	Emu, outside drum, raw	85.0	3.0 oz	0.563
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.561
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.561
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.560
20066	Semolina, enriched	167.0	1.0 cup	0.559
20466	Semolina, unenriched	167.0	1.0 cup	0.559
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.559
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.558
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.558
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.557
05631	Emu, oyster, raw	85.0	3.0 oz	0.556
05626	Emu, full rump, raw	85.0	3.0 oz	0.556
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.554
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.551
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.551
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.551
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.551

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.550
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.548
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.547
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.547
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.547
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.546
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.545
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.543
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.542
05628	Emu, inside drum, raw	85.0	3.0 oz	0.541
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.540
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.540
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.540
15054	Fish, monkfish, raw	85.0	3.0 oz	0.540
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.540
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.540
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.538
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.537
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.537
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.536
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.536
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.536
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.536
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.536
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.535
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.535
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.533
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.533
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.532
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.532
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.531
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.531
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.530
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.529
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.529
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.528

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.528
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.528
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.528
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.528
20130	Barley flour or meal	148.0	1.0 cup	0.527
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.526
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.526
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.526
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.526
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.526
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.525
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.524
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.523
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.522
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.521
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.520
15103	Fish, spot, raw	64.0	1.0 fillet	0.520
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.520
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.519
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.518
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.518
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.518
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.517
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.517
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.515
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.515
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.515
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.515
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.513
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.513
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.513
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.512
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.512
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.511
01057	Eggnog	254.0	1.0 cup	0.511
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.510

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.510
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.509
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.509
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.508
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.508
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.508
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.507
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.506
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.506
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.504
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.504
21083	Fast foods, taco salad	198.0	1.5 cup	0.503
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.503
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.503
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.502
07059	Polish sausage, pork	85.0	3.0 oz	0.502
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.501
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.501
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.501
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.500
15074	Fish, sablefish, raw	85.0	3.0 oz	0.500
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.500
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.498
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.497
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.497
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.497
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.497
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.496
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.496
20012	Bulgur, dry	140.0	1.0 cup	0.496
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.495
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.494
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.491
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.491
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.491
07024	Frankfurter, chicken	85.0	3.0 oz	0.490

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.490
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.490
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.490
20062	Rye grain	169.0	1.0 cup	0.488
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.488
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.488
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.486
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.485
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.485
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.483
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.482
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.482
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.482
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.480
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.480
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.480
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.480
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.479
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.478
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.476
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.475
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.475
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.475
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.473
20033	Oat bran, raw	94.0	1.0 cup	0.472
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.472
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.472
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.472
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.472
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.471
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.471
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.470
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.470
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.469
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.466
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.466

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.466
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.465
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.465
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.465
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.465
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.464
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.461
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.461
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.460
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.460
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.460
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.459
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.459
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.459
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.459
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.458
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.456
07052	Pastrami, turkey	57.0	2.0 slices	0.455
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.454
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.453
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.453
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.453
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.452
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.452
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.452
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.451
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.451
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.451
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.450
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.450
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.449
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.449
11413	Potato flour	160.0	1.0 cup	0.448
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.445
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.445
35147	Tamales (Navajo)	186.0	1.0 piece	0.445

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.444
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.444
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.443
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.442
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.442
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.442
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.442
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.442
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.440
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.440
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.440
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.439
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.438
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.438
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.438
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.437
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.437
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.437
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.437
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.436
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.436
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.435
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.434
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.434
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.432
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.432
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.431
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.430
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.430
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.429
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.429
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.427
07939	Frankfurter, pork	76.0	1.0 link	0.426
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.426
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.426
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.424

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.423
11656	Corn pudding, home prepared	250.0	1.0 cup	0.422
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.422
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.422
20647	Millet flour	119.0	1.0 cup	0.421
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.420
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.420
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.420
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.420
11658	Spinach souffle	136.0	1.0 cup	0.419
20090	Rice flour, brown	158.0	1.0 cup	0.419
07019	Chorizo, pork and beef	28.35	1.0 oz	0.418
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.416
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.416
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.416
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.416
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.416
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.415
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.414
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.413
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.413
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.412
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.412
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.411
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.409
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.408
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.408
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.405
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.405
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.405
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.405
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.404
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.404
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.403
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.402
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.402

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.402
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.401
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.400
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.399
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.399
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.398
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.396
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.395
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.395
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.394
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.394
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.394
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.393
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.393
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.392
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.392
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.391
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.390
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.390
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.389
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.388
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.388
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.388
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.388
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.387
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.386
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.386
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.386
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.385
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.385
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.385
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.384
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.384
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.384
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.383
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.383

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.382
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.381
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.380
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.379
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.379
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.379
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.379
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.379
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.378
11432	Radishes, oriental, dried	116.0	1.0 cup	0.378
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.378
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.378
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.377
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.376
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.376
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.376
20143	Teff, cooked	252.0	1.0 cup	0.375
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.375
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.375
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.375
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.375
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.375
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.374
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.373
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.373
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.373
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.372
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.372
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.372
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.372
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.371
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.371
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.370
07911	Liverwurst spread	55.0	0.25 cup	0.369
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.369
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.368

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.368
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.368
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.368
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.368
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.367
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.367
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.367
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.366
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.366
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.366
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.366
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.364
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.364
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.363
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.362
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.361
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.360
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.359
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.359
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.359
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.359
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.359
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.358
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.354
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.353
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.353
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.353
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.353
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.353
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.353
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.351
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.351
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.351
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.351

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.351
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.351
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.351
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.351
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.350
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.350
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.350
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.350
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.350
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.350
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.349
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.349
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.349
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.349
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.348
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.348
20064	Rye flour, medium	102.0	1.0 cup	0.348
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.347
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.347
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.346
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.346
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.346
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.345
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.345
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.345
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.344
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.344
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.344
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.343
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.343
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.343
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.343
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.342
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.342
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.342
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.342

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.341
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.340
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.340
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.340
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.339
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.339
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.338
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.338
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.338
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.338
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.337
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.336
01113	Whey, acid, dried	57.0	1.0 cup	0.336
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.336
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.336
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.336
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.335
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.335
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.335
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.334
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.334
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.334
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.334
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.334
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.333
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.333
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.333
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.333
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.332
01038	Cheese, romano	28.35	1.0 oz	0.332
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.332
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.332
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.330
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.329

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.329
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.329
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.328
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.327
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.327
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.325
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.325
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.325
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.325
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.324
01156	Cheese, goat, hard type	28.35	1.0 oz	0.323
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.322
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.322
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.322
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.322
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.322
13350	Beef, cured, dried	28.0	10.0 slices	0.321
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.321
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.320
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.320
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.320
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.320
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.319
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.319
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.319
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.318
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.317
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.316
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.315
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.314
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.314
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.313
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.313
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.312

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.312
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.312
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.312
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.311
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.311
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.310
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.310
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.309
01023	Cheese, gruyere	28.35	1.0 oz	0.309
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.308
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.307
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.307
17164	Game meat, deer, raw	28.35	1.0 oz	0.306
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.306
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.306
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.306
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.305
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.305
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.304
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.304
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.304
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.304
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.303
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.302
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.302
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.302
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.302
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.297
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.297
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.296
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.296
11304	Peas, green, raw	145.0	1.0 cup	0.294
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.294
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.294
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.294
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.294

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17144	Game meat, antelope, raw	28.35	1.0 oz	0.293
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.293
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.292
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.292
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.291
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.291
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.290
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.290
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.290
11414	Potato salad, home-prepared	250.0	1.0 cup	0.290
20077	Wheat bran, crude	58.0	1.0 cup	0.290
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.290
17172	Game meat, moose, raw	28.35	1.0 oz	0.289
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.289
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.288
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.288
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.288
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.288
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.287
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.287
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.287
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.286
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.286
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.286
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.286
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.286
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.285
20065	Rye flour, light	102.0	1.0 cup	0.284
07926	Salami, Italian, pork	28.0	1.0 oz	0.283
17166	Game meat, elk, raw	28.35	1.0 oz	0.283
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.282
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.282
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.282
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.282
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.281
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.280

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.279
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.279
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.279
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.279
16055	Carob flour	103.0	1.0 cup	0.279
17168	Goat, raw	28.35	1.0 oz	0.278
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.278
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.278
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.278
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.277
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.277
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.277
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.277
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.276
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.276
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.275
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.275
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.275
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.275
20087	Wheat, sprouted	108.0	1.0 cup	0.274
17162	Game meat, caribou, raw	28.35	1.0 oz	0.274
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.274
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.274
01039	Cheese, roquefort	28.35	1.0 oz	0.274
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.272
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.272
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.272
17170	Game meat, horse, raw	28.35	1.0 oz	0.272
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.271
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.271
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.271
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.271
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.270
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.270
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.270
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.270

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.270
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.269
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.269
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.269
07921	Bacon and beef sticks	28.0	1.0 oz	0.269
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.269
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.268
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.268
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.268
36408	Restaurant, Latino, pupusas con frioles (pupusas, bean)	126.0	1.0 piece	0.267
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.267
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.267
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.266
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.265
01018	Cheese, edam	28.35	1.0 oz	0.264
01022	Cheese, gouda	28.35	1.0 oz	0.264
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.264
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.264
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.263
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.262
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.262
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.262
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.262
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.261
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.261
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.261
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.260
17150	Game meat, beaver, raw	28.35	1.0 oz	0.260
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.260
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.260
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.260
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.259
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.259
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.259
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.259
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.258

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.258
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.258
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.257
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.257
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.257
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.257
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.257
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.256
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.256
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.256
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.256
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.256
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.256
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.255
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.255
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.255
01041	Cheese, tilsit	28.35	1.0 oz	0.255
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.255
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.255
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.254
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.254
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.254
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.254
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.254
01008	Cheese, caraway	28.35	1.0 oz	0.254
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.253
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.253
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.253
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.253
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.253
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.253
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.252
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.252
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.252
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.252
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.252

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.252
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.252
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.252
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.251
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.251
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.251
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.251
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.251
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.251
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.251
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.251
16087	Peanuts, all types, raw	28.35	1.0 oz	0.250
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.250
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.250
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.250
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.250
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.250
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.250
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.250
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.250
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.250
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.250
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.250
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.250
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.249
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.249
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.249
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.249
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.249
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.248
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.248
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.248
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.248
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.248

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.248
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.248
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.248
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.247
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.247
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.247
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.247
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.247
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.247
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.247
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.246
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.246
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.246
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.246
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.246
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.246
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.246
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.246
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.245
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.245
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.245
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.245
11124	Carrots, raw	128.0	1.0 cup chopped	0.244
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.244
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.244
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.244
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.244
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.244
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.243
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.243
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.243
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.243

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.243
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.243
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.243
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.243
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.242
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.242
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.242
20137	Quinoa, cooked	185.0	1.0 cup	0.242
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.242
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.242
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.241
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.241
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.241
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.241
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.241
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.241
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.240
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.240
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.240
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.240
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.240
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.239
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.239
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.239
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.239
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.239
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.238
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.238
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.237
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.237
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.237
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.237
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.237
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.236
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.236

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.236
01010	Cheese, cheshire	28.35	1.0 oz	0.236
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.236
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.235
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.235
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.234
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.234
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.234
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.234
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.234
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.234
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.234
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.233
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.232
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.232
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.232
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.231
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.231
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.231
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.230
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.230
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.230
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.230
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.230
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.230
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.229
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.229
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.229
36031	DENNY'S, onion rings	166.0	1.0 serving	0.229
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.229
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.229
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.228
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.228

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.228
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.228
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.228
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.227
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.227
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.227
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.227
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.227
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.226
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.225
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.225
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.225
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.225
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.224
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.224
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.224
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.224
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.224
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.224
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.223
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.223
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.223
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.223
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.223
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.223
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.223
01004	Cheese, blue	28.35	1.0 oz	0.223
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.222
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.222
11683	Carrot, dehydrated	74.0	1.0 cup	0.221
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.221
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.221

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.221
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.221
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.221
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.220
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.220
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.220
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.219
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.219
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.219
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.219
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.219
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.219
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.219
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.219
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.219
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.219
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.218
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.218
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.218
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.218
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.217
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.217
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.217
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.216
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.216
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.216
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.216
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.216
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.215
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.215
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.215
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.215
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.215
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.214

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.214
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.214
11215	Garlic, raw	136.0	1.0 cup	0.214
01006	Cheese, brie	28.35	1.0 oz	0.213
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.213
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.213
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.213
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.213
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.212
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.211
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.211
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.211
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.211
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.211
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.210
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.210
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.210
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.210
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.209
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.209
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.209
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.209
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.209
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.209
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.209
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.209
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.209
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.208
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.208
20089	Wild rice, cooked	164.0	1.0 cup	0.208
07030	Ham, minced	28.35	1.0 oz	0.208
15109	Fish, surimi	28.35	1.0 oz	0.208
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.208

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.208
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.208
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.207
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.207
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.207
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.207
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.207
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.207
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.207
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.206
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.206
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.206
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.206
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.206
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.206
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.206
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.206
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.206
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.205
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.205
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.205
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.205
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.205
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.205
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.205
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.205
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.205
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.204
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.204
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.204
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.204
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.204
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.204
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.204

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.204
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.203
07026	Ham, chopped, canned	28.35	1.0 oz	0.203
01007	Cheese, camembert	28.35	1.0 oz	0.203
15014	Fish, cisco, smoked	28.35	1.0 oz	0.203
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.203
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.203
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.202
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.202
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.202
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.202
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.202
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.202
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.202
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.202
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.202
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.202
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.202
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.201
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.201
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.201
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.201
17224	Lamb, ground, raw	28.35	1.0 oz	0.201
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.201
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.201
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.200
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.200
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.200
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.200
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.200
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.200
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.200
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.200
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.200

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.200
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.200
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.200
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.200
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.199
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.199
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.199
16129	Tofu, fried	28.35	1.0 oz	0.199
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.199
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.198
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.198
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.197
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.197
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.197
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.197
20032	Millet, cooked	174.0	1.0 cup	0.197
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.196
16107	Sausage, meatless	25.0	1.0 link	0.196
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.196
01159	Cheese, goat, soft type	28.35	1.0 oz	0.196
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.195
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.195
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.195
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.195
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.195
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.195
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.194
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.194
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.194
07025	Frankfurter, turkey	28.35	1.0 oz	0.194
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.193
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.193
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.193
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.192
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.192
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.192

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.191
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.191
01069	Cream substitute, powdered	94.0	1.0 cup	0.191
07070	Salami, cooked, turkey	28.0	1.0 serving	0.191
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.190
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.190
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.190
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.190
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.189
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.189
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.189
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.189
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.188
20034	Oat bran, cooked	219.0	1.0 cup	0.188
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.187
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.187
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.187
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.187
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.186
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.186
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.186
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.186
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.186
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.185
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.185
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.185
07040	Liver cheese, pork	28.35	1.0 oz	0.185
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.184
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.184
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.184
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.184
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.184
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.184
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.184
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.183
36610	DENNY'S, french fries	165.0	1.0 serving	0.183

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.183
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.182
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.182
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.182
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.182
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.181
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.181
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.181
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.181
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.181
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.181
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.181
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.181
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.180
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.180
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.180
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.180
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.179
07050	Mortadella, beef, pork	28.35	1.0 oz	0.179
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.179
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.179
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.179
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.179
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.179
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.179
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.178
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.178
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.178
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.178
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.178
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.178
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.178
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.178
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.178
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.177
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.176

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.176
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.176
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.176
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.175
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.175
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.175
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.175
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.174
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.174
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.174
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.174
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.174
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.174
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.174
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.173
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.173
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.173
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.173
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.172
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.172
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.172
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.172
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.172
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.172
07061	Mother's loaf, pork	28.35	1.0 oz	0.171
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.171
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.171
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.171
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.171
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.170
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.170
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.170
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.170
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.169
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.169
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.169

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.169
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.169
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.168
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.168
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.168
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.167
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.167
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.167
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.167
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.167
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.166
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.166
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.166
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.166
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.166
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.166
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.166
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.166
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.166
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.166
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.166
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.165
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.165
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.165
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.164
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.164
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.164
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.163
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.163
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.163
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.162
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.162
20013	Bulgur, cooked	182.0	1.0 cup	0.162
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.162
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.161
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.161

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.161
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.160
16130	Okara	122.0	1.0 cup	0.160
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.160
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.160
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.159
09139	Guavas, common, raw	165.0	1.0 cup	0.158
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.158
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.158
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.158
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.158
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.157
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.157
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.157
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.156
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.156
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.156
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.156
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.155
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.155
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.155
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.155
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.155
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.154
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.154
07007	Bologna, beef	30.0	1.0 slice	0.154
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.154
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.154
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.154
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.153
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.153
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.153
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.153
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.152
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.152

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.152
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.152
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.151
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.151
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.151
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.151
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.151
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.151
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.151
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.150
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.150
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.150
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.150
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.150
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.150
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.150
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.150
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.149
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.149
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.149
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.149
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.149
01124	Egg, white, raw, fresh	33.0	1.0 large	0.148
07068	Salami, cooked, beef	26.0	1.0 slice	0.148
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.148
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.148
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.148
19147	Candies, peanut bar	28.35	1.0 oz	0.147
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.147
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.146
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.145
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.145
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.145
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.145
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.145
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.145

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.145
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.144
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.144
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.144
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.144
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.143
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.143
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.143
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.143
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.142
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.142
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.142
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.142
11961	Hearts of palm, canned	146.0	1.0 cup	0.142
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.142
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.141
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.141
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.141
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.141
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.141
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.141
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.141
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.141
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.140
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.140
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.140
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.139
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.139
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.138
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.137
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.136
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.136
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.136
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.136
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.136
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.136

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.136
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.135
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.135
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.135
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.134
01114	Whey, sweet, fluid	246.0	1.0 cup	0.133
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.132
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.132
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.132
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.132
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.132
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.132
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.132
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.132
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.132
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.131
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.131
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.131
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.130
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.130
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.130
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.130
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.129
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.129
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.129
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.129
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.128
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.128
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.128
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.128
09298	Raisins, seedless	165.0	1.0 cup, packed	0.127
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.127
09094	Figs, dried, uncooked	149.0	1.0 cup	0.127
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.126
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.126
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.126

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.126
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.126
21419	KFC, biscuit	49.0	1.0 biscuit	0.125
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.125
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.125
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.125
11616	Dock, raw	133.0	1.0 cup, chopped	0.125
21268	TACO BELL, Nachos	80.0	1.0 serving	0.125
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.125
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.125
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.125
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.125
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.124
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.124
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.123
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.123
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.123
07971	Bologna, meat and poultry	33.0	1.0 slice	0.123
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.122
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.122
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.122
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.122
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.122
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.122
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.122
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.121
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.121
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.121
20006	Barley, pearled, cooked	157.0	1.0 cup	0.121
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.121
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.120
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.120
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.120
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.120
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.120

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
20133	Rice noodles, dry	57.0	2.0 oz	0.120
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.120
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.119
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.119
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.119
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.119
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.118
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.118
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.118
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.118
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.118
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.118
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.118
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.117
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.117
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.117
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.117
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.117
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.117
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.116
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.116
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.116
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.116
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.116
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.116
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.116
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.115
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.115
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.115
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.115
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.115
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.114
09059	Breadfruit, raw	220.0	1.0 cup	0.114
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.114
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.114

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.114
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.114
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.113
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.113
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.113
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.113
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.113
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.113
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.113
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.113
11011	Asparagus, raw	134.0	1.0 cup	0.113
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.112
07960	Bologna, chicken, pork	28.0	1.0 serving	0.112
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.112
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.112
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.112
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.112
01021	Cheese, gjetost	28.35	1.0 oz	0.111
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.111
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.111
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.111
20134	Rice noodles, cooked	176.0	1.0 cup	0.111
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.111
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.111
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.111
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.111
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.111
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.111
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.111
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.110
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.110
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.110
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.110
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.110
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.110

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.110
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.110
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.110
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.110
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.109
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.109
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.109
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.109
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.109
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.109
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.109
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.109
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.109
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.109
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.109
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.108
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.108
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.107
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.107
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.107
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.107
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.107
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.107
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.107
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.106
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.106
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.106
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.106
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.106
11098	Brussels sprouts, raw	88.0	1.0 cup	0.106
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.106
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.105
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.105
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.105
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.105
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.105

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.105
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.105
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.105
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.105
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.104
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.104
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.104
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.104
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.104
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.104
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.104
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.104
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.103
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.103
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.103
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.102
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.102
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.102
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.102
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.102
07033	Ham and cheese spread	15.0	1.0 tbsp	0.102
01031	Cheese, neufchatel	28.35	1.0 oz	0.102
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.101
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.101
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.101
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.101
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.100
09110	Goji berries, dried	28.0	5.0 tbsp	0.100
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.100
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.100
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.100
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.100
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.100
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.099
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.099
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.099

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.099
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.099
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.099
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.099
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.098
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.098
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.098
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.098
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.098
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.098
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.098
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.098
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.098
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.098
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.097
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.097
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.097
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.097
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.097
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.097
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.097
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.096
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.096
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.096
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.096
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.096
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.096
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.096
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.096
09095	Figs, dried, stewed	259.0	1.0 cup	0.096
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.096
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.096
18028	Bread, egg, toasted	28.35	1.0 oz	0.095
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.095
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.095

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.095
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.095
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.095
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.095
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.095
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.095
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.094
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.094
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.094
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.094
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.094
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.094
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.094
01112	Whey, acid, fluid	246.0	1.0 cup	0.093
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.093
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.093
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.093
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.093
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.093
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.093
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.093
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.093
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.092
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.092
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.092
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.092
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.092
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.092
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.092
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.092
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.091
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.091
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.091
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.091
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.091
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.091

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.090
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.090
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.090
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.090
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.090
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.090
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.090
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.090
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.090
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.090
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.090
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.090
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.090
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.090
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.089
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.089
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.089
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.089
01070	Dessert topping, powdered	43.0	1.5 oz	0.089
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.089
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.089
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.089
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.089
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.089
12059	Nuts, acorns, dried	28.35	1.0 oz	0.088
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.088
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.088
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.088
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.088
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.088
18344	Rolls, dinner, egg	28.35	1.0 oz	0.088
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.088
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.088
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.088
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.088
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.088

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.088
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.088
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.088
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.087
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.087
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.087
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.087
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.087
18027	Bread, egg	28.35	1.0 oz	0.087
18003	Bagels, egg	28.35	1.0 oz	0.087
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.087
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.087
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.087
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.086
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.086
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.086
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.086
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.086
18241	Croissants, cheese	28.35	1.0 oz	0.086
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.086
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.086
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.086
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.086
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.085
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.085
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.085
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.085
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.085
18065	Bread, wheat, toasted	28.35	1.0 oz	0.085
18037	Bread, oat bran	28.35	1.0 oz	0.085
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.085
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.085
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.085
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.084
18235	Crackers, whole-wheat	28.0	1.0 serving	0.084
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.084

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.084
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.084
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.084
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.084
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.084
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.084
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.084
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.084
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.084
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.083
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.083
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.083
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.083
18245	Danish pastry, cheese	28.35	1.0 oz	0.083
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.083
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.083
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.083
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.083
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.083
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.083
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.083
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.083
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.083
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.083
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.083
20030	Hominy, canned, white	165.0	1.0 cup	0.082
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.082
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.082
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.082
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.082
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.082
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.082
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.082
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.082
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.082
16112	Miso	17.0	1.0 tbsp	0.081

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
21249	BURGER KING, french fries	74.0	1.0 small serving	0.081
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.081
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.081
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.081
11601	Yam, raw	150.0	1.0 cup, cubes	0.081
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.081
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.081
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.081
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.081
18239	Croissants, butter	28.35	1.0 oz	0.081
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.081
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.081
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.080
18266	English muffins, whole-wheat	28.35	1.0 oz	0.080
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.080
11090	Broccoli, raw	91.0	1.0 cup chopped	0.080
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.080
20330	Hominy, canned, yellow	160.0	1.0 cup	0.080
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.080
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.080
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.080
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.080
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.080
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.080
18061	Bread, rye, toasted	28.35	1.0 oz	0.080
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.080
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.079
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.079
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.079
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.079
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.079
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.079
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.079
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.079
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.079
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.079

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.079
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.079
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.079
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.078
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.078
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.078
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.078
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.078
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.078
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.078
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.078
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.078
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.078
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.078
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.078
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.077
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.077
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.077
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.077
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.077
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.077
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.077
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.077
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.077
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.076
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.076
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.076
18059	Bread, rice bran	28.35	1.0 oz	0.076
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.076
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.076
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.076
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.076
18044	Bread, pumpernickel	28.35	1.0 oz	0.076
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.076
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.076
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.076

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18264	English muffins, wheat	28.35	1.0 oz	0.075
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.075
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.075
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.075
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.075
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.075
18355	Sweet rolls, cheese	28.35	1.0 oz	0.074
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.074
18025	Bread, cracked-wheat	28.35	1.0 oz	0.074
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.074
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.074
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.074
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.074
18103	Coffeecake, cheese	28.35	1.0 oz	0.074
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.074
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.073
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.073
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.073
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.073
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.073
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.073
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.073
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.073
11297	Parsley, fresh	60.0	1.0 cup chopped	0.073
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.073
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.073
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.073
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.073
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.073
09021	Apricots, raw	155.0	1.0 cup, halves	0.073
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.073
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.073
18224	Crackers, rusk toast	14.2	0.5 oz	0.073
18066	Bread, wheat bran	28.35	1.0 oz	0.073
18240	Croissants, apple	28.35	1.0 oz	0.073
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.073

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.072
18060	Bread, rye	28.35	1.0 oz	0.072
18349	Rolls, french	28.35	1.0 oz	0.072
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.072
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.072
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.072
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.072
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.072
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.072
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.072
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.072
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.072
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.072
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.072
11518	Taro, raw	104.0	1.0 cup, sliced	0.072
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.072
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.072
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.072
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.072
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.072
18971	Bread, potato	32.0	1.0 slice	0.072
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.072
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.072
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.071
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.071
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.071
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.071
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.071
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.071
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.071
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.071
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.071
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.070
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.070
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.070
18236	Cracker meal	28.35	1.0 oz	0.070

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18039	Bread, oatmeal	28.35	1.0 oz	0.070
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.070
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.070
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.070
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.070
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.069
18033	Bread, italian	28.35	1.0 oz	0.069
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.069
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.069
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.069
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.069
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.069
21140	Side dishes, potato salad	95.0	0.333 cup	0.069
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.069
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.069
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.069
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.069
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.069
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.069
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.069
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.069
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.069
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.069
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.069
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.069
11965	Cauliflower, green, raw	64.0	1.0 cup	0.068
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.068
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.068
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.068
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.068
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.068
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.067
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.067
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.067
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.067
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.067

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
12058	Nuts, acorns, raw	28.35	1.0 oz	0.067
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.067
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.066
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.066
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.066
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.066
11241	Kohlrabi, raw	135.0	1.0 cup	0.066
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.066
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.066
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.066
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.066
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.066
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.066
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.065
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.065
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.065
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.065
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.065
11278	Okra, raw	100.0	1.0 cup	0.065
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.065
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.065
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.065
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.065
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.065
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.065
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.065
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.065
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.065
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.065
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.065
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.065
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.064
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.064
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.064
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.064
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.064

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.064
11080	Beets, raw	136.0	1.0 cup	0.064
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.064
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.064
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.064
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.064
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.064
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.064
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.063
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.063
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.063
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.063
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.063
09040	Bananas, raw	225.0	1.0 cup, mashed	0.063
18047	Bread, raisin, enriched	28.35	1.0 oz	0.063
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.063
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.063
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.063
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.063
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.063
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.062
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.062
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.062
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.062
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.062
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.062
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.062
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.062
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.062
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.062
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.062
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.062
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.062
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.062
07031	Ham salad spread	15.0	1.0 tbsp	0.061
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.061

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.061
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.061
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.061
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.061
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.061
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.061
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.061
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.061
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.061
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.060
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.060
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.060
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.060
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.060
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.060
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.060
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.060
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.060
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.060
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.060
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.060
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.060
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.060
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.060
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.060
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.060
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.060
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.060
18283	Muffins, oat bran	28.35	1.0 oz	0.060
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.060
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.060
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.060
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.059
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.059
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.059
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.059

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.059
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.059
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.059
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.059
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.059
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.059
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.059
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.059
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.058
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.058
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.058
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.058
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.058
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.058
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.058
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.058
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.058
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.058
11134	Cassava, raw	206.0	1.0 cup	0.058
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.058
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.058
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.057
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.057
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.057
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.057
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.057
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.057
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.057
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.057
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.057
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.057
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.057
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.056
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.056
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.056
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.056

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.056
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.056
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.056
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.056
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.055
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.055
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.055
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.055
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.055
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.055
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.055
18338	Phyllo dough	28.35	1.0 oz	0.055
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.055
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.055
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.055
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.055
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.055
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.055
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.055
18218	Crackers, matzo, egg	14.2	0.5 oz	0.055
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.054
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.054
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.054
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.054
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.054
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.054
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.054
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.054
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.054
11527	Tomatoes, green, raw	180.0	1.0 cup	0.054
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.054
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.054
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.054
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.054
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.054
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.054

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.054
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.054
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.054
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.053
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.053
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.053
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.053
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.053
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.053
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.053
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.053
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.053
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.053
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.053
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.053
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.053
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.052
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.052
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.052
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.052
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.052
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.052
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.052
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.052
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.052
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.051
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.051
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.051
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.051
09176	Mangos, raw	165.0	1.0 cup pieces	0.051
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.051
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.051
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.051
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.051
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.051
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.050

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.050
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.050
09277	Plantains, raw	148.0	1.0 cup, sliced	0.050
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.050
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.050
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.050
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.050
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.050
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.050
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.050
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.050
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.050
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.050
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.050
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.049
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.049
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.049
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.049
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.049
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.049
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.049
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.049
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.049
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.049
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.049
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.049
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.049
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.049
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.049
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.049
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.048
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.048
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.048
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.048
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.048
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.048

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.048
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.048
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.048
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.048
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.048
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.048
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.048
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.048
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.048
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.048
18242	Croutons, plain	14.2	0.5 oz	0.048
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.048
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.047
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.047
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.047
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.047
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.047
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.047
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.047
18106	Coffecake, fruit	28.35	1.0 oz	0.047
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.047
11520	Taro leaves, raw	28.0	1.0 cup	0.047
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.047
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.046
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.046
18243	Croutons, seasoned	14.2	0.5 oz	0.046
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.046
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.046
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.046
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.046
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.046
18021	Bread, boston brown, canned	28.35	1.0 oz	0.046
11231	Jute, potherb, raw	28.0	1.0 cup	0.046
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.046
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.046
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.046

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.046
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.046
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.046
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.046
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.046
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.046
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.046
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.045
11591	Watercress, raw	34.0	1.0 cup, chopped	0.045
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.045
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.045
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.045
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.045
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.045
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.045
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.045
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.045
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.045
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.044
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.044
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.044
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.044
18172	Cookies, gingersnaps	28.35	1.0 oz	0.044
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.044
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.044
18177	Cookies, molasses	28.35	1.0 oz	0.044
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.044
19081	Candies, sweet chocolate	28.35	1.0 oz	0.044
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.043
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.043
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.043
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.043
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.043
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.043
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.043
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.043

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.043
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.043
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.043
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.043
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.043
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.043
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.042
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.042
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.042
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.042
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.042
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.042
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.042
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.042
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.042
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.042
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.042
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.042
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.042
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.042
11190	Cornsalad, raw	56.0	1.0 cup	0.042
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.042
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.042
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.042
18214	Crackers, cheese, regular	14.2	0.5 oz	0.042
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.042
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.042
11734	Beets, cooked, boiled, drained, with salt	85.0	0.5 cup slices	0.042
09326	Watermelon, raw	154.0	1.0 cup, balls	0.042
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.042
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.042
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.041
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.041
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.041
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.041
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.041

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.041
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.041
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.041
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.041
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.041
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.041
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.041
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.041
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.041
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.041
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.040
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.040
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.040
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.040
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.040
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.040
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.040
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.040
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.040
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.040
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.040
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.040
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.040
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.040
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.040
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.040
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.039
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.039
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.039
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.039
09088	Elderberries, raw	145.0	1.0 cup	0.039
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.039
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.039
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.039
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.039
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.039

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.039
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.039
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.039
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.039
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.039
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.038
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.038
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.038
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.038
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.038
18217	Crackers, matzo, plain	14.2	0.5 oz	0.038
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.038
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.038
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.038
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.037
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.037
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.037
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.037
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.037
11457	Spinach, raw	30.0	1.0 cup	0.037
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.037
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.037
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.036
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.036
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.036
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.036
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.036
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.036
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.036
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.036
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.036
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.036
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.036
21416	POPEYES, Coleslaw	120.0	1.0 package	0.036
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.036
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.036

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.036
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.036
09205	Oranges, raw, with peel	170.0	1.0 cup	0.036
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.036
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.036
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.036
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.035
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.035
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.035
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.035
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.035
18171	Cookies, fortune	28.35	1.0 oz	0.035
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.035
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.034
11963	Nopales, raw	86.0	1.0 cup, sliced	0.034
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.034
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.034
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.034
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.034
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.034
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.034
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.034
01017	Cheese, cream	14.5	1.0 tbsp	0.034
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.034
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.034
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.034
18354	Strudel, apple	28.35	1.0 oz	0.034
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.034
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.034
11282	Onions, raw	160.0	1.0 cup, chopped	0.034
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.034
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.034
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.033
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.033
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.033
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.033

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.033
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.033
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.033
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.033
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.033
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.033
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.033
11564	Turnips, raw	130.0	1.0 cup, cubes	0.032
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.032
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.032
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.032
18170	Cookies, fig bars	28.35	1.0 oz	0.032
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.032
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.032
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.032
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.032
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.032
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.032
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.032
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.032
18223	Crackers, milk	14.2	0.5 oz	0.031
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.031
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.031
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.031
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.031
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.031
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.031
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.031
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.031
11161	Collards, raw	36.0	1.0 cup, chopped	0.031
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.031
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.031
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.031
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.031
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.031
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.031

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.031
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.031
09316	Strawberries, raw	152.0	1.0 cup, halves	0.030
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.030
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.030
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.030
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.030
19524	Snacks, taro chips	28.35	1.0 oz	0.030
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.030
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.030
11147	Chard, swiss, raw	36.0	1.0 cup	0.030
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.030
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.030
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.030
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.030
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.030
09050	Blueberries, raw	148.0	1.0 cup	0.030
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.029
18360	Taco shells, baked	12.9	1.0 shell	0.029
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.029
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.029
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.029
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.029
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.029
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.029
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.029
01072	Dessert topping, pressurized	70.0	1.0 cup	0.029
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.029
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.029
09143	Guava sauce, cooked	238.0	1.0 cup	0.029
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.029
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.028
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.028
21420	KFC, Coleslaw	112.0	1.0 package	0.028
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.028
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.028

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11003	Amaranth leaves, raw	28.0	1.0 cup	0.028
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.028
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.028
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.028
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.027
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.027
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.027
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.027
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.027
19419	Snacks, corn cakes	9.0	1.0 cake	0.027
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.027
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.027
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.027
28292	Crackers, multigrain	14.0	4.0 crackers	0.027
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.027
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.027
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.027
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.027
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.027
25059	Snacks, brown rice chips	9.0	1.0 cake	0.027
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.027
11429	Radishes, raw	116.0	1.0 cup slices	0.027
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.027
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.027
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.026
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.026
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.026
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.026
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.026
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.026
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.026
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.026
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.026
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.026
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.025
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.025

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.025
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.025
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.025
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.025
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.025
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.025
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.025
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.025
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.025
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.025
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.025
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.025
11086	Beet greens, raw	38.0	1.0 cup	0.025
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.025
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.025
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.024
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.024
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.024
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.024
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.024
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.024
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.024
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.024
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.024
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.023
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.023
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.023
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.023
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.023
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.023
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.023
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.022
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.022
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.022
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.022
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.022

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.022
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.022
09174	Loquats, raw	149.0	1.0 cup, cubed	0.022
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.022
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.022
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.022
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.022
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.022
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.022
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.022
19400	Snacks, banana chips	28.35	1.0 oz	0.022
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.021
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.021
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.021
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.021
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.021
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.021
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.021
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.021
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.021
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.021
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.021
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.020
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.020
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.020
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.020
11143	Celery, raw	101.0	1.0 cup chopped	0.020
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.020
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.020
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.020
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.020
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.020
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.020
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.020
09206	Orange juice, raw	248.0	1.0 cup	0.020
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.020

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.020
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.020
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.020
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.019
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.019
02033	Spices, poppy seed	2.8	1.0 tsp	0.019
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.019
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.019
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.019
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.019
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.019
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.019
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.019
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.018
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.018
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.018
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.018
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.018
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.018
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.018
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.018
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.018
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.018
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.018
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.017
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.017
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.017
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.017
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.017
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.017
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.017
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.017
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.017
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.017
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.017
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.017

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.017
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.017
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.016
09279	Plums, raw	165.0	1.0 cup, sliced	0.016
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.016
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.016
18323	Pie, peach	28.35	1.0 oz	0.016
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.016
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.016
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.016
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.016
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.016
02005	Spices, caraway seed	2.1	1.0 tsp	0.016
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.016
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.016
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.016
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.016
09077	Crabapples, raw	110.0	1.0 cup slices	0.015
09252	Pears, raw	140.0	1.0 cup, slices	0.015
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.015
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.015
20003	Arrowroot flour	128.0	1.0 cup	0.015
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.015
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.015
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.015
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.015
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.015
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.015
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.015
09221	Tangerine juice, raw	247.0	1.0 cup	0.015
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.015
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.015
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.015
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.015
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.015
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.014
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.014
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.014
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.014
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.014
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.014
19296	Honey	339.0	1.0 cup	0.014
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.013
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.013
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.013
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.013
11151	Chicory, witloof, raw	53.0	1.0 head	0.013
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.013
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	0.013
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.013
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.013
09191	Nectarines, raw	143.0	1.0 cup slices	0.013
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.013
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.013
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.013
09413	Pears, raw, red anjou	126.0	1.0 small	0.013
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.013
11213	Endive, raw	25.0	0.5 cup, chopped	0.012
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.012
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.012
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.012
02016	Spices, dill seed	2.1	1.0 tsp	0.012
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.012
02020	Spices, garlic powder	3.1	1.0 tsp	0.012
20027	Cornstarch	128.0	1.0 cup	0.012
02028	Spices, paprika	2.3	1.0 tsp	0.011
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.011
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.011
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.011
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.011
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.010

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	0.010
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.010
09421	Dates, medjool	24.0	1.0 date, pitted	0.010
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.010
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.010
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.010
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.010
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.010
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.010
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.010
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.009
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.009
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.009
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.009
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.009
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.008
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.008
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.008
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.008
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.008
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.008
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.008
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.008
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.008
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.008
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.007
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.007
02009	Spices, chili powder	2.7	1.0 tsp	0.007
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.007
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.007
02015	Spices, curry powder	2.0	1.0 tsp	0.007
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.007
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.007
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.007
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.007
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.007

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.006
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.006
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.006
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.006
02029	Spices, parsley, dried	0.5	1.0 tsp	0.006
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.006
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.006
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.006
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.006
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.006
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.005
02021	Spices, ginger, ground	1.8	1.0 tsp	0.005
09160	Lime juice, raw	242.0	1.0 cup	0.005
11943	Pimento, canned	12.0	1.0 tbsp	0.005
11960	Carrots, baby, raw	15.0	1.0 large	0.005
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.005
19297	Jams and preserves	20.0	1.0 tbsp	0.005
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.004
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.004
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.004
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.004
02066	Spearmint, dried	0.5	1.0 tsp	0.004
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.004
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.004
11156	Chives, raw	3.0	1.0 tbsp chopped	0.004
02011	Spices, cloves, ground	2.1	1.0 tsp	0.004
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.004
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.004
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.004
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.004
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.003
02026	Spices, onion powder	2.4	1.0 tsp	0.003
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.003
11935	Catsup	17.0	1.0 tbsp	0.003
11949	Catsup, low sodium	17.0	1.0 tbsp	0.003
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.003

NDB_No	Description	Weight(g)	Measure	Threonine(g) Per Measure
11145	Celtuce, raw	8.0	1.0 leaf	0.003
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.003
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.003
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.003
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.003
02044	Basil, fresh	2.5	5.0 leaves	0.003
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.003
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.003
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.002
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.002
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.002
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.002
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.002
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.002
09173	Longans, dried	1.7	1.0 fruit	0.002
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.002
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.002
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.002
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.002
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.002
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002
11447	Sesbania flower, raw	3.0	1.0 flower	0.002
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.002
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.002
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.002
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.002
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.001
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.001
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.001
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.001
02049	Thyme, fresh	0.8	1.0 tsp	0.001